NUMBER 02

MUAY

THE MUAY THAI MAGAZINE

THE MUAY THAI CLINCH: THE CLINCH IS ONE OF THE MOST IMPORTANT AND DISTINCT PARTS OF MUAY THAI.

ÍNDICE

04 THE MUAY THAI CLINCH

The Clinch is one of the most important and distinct parts of Muay Thai.

07 HISTORY OF MUAY THAI

Is Muay Thai a thai heritage or is it an adopted art?

08 ADDRESSING THE TRAINERS AND GYM OWNERS

09 WHAT SHOULD YOU CALL YOUR THAI TRAINER?

10 MUAYTHAI SCORING CRITERIA

No Tajiquistão, os destinos de viagem mais lo ucos e emocionantes de 2021

Muay Magazine, specialized in Muaythai in it you can find the most up-to-date information, along with the most interesting articles and interviews related to this Thai fight.

12 BEST WAYS TO STRENGTHEN THE OUTER PART OF YOUR THIGH

14 ATTACK THE BODY AND THE HEAD WILL DIE

16 ANALYSIS OF FOULT AND DEDUCTION OF POINTS IN MUAY THAI

19 TECHNIQUE ELBOW

Damien Alamos Muay Thai technique: elbow

EXCLUSIVE

THE MUAY THAI CLINCH

The Clinch is one of the most important and distinct parts of Muay Thai.

What is the Muay Thai Clinch?

The Clinch can be defined as stand-up close-quarters grappling. This is a position where both competitors are fighting for control to gain a dominant position.

What makes the Muay Thai clinch so different from clinching in other striking combat sports like Boxing or Kickboxing, is that the clinch will not be immediately broken up by the referee.

As long as there is action going on in the clinch, which means either or both fighters are fighting either for a position or to get in strikes, the clinch is allowed to continue unstopped.

iRole of Clinch in Muay Thai

Like I just mentioned, the Muay Thai clinch isn't just about the position, strikes are allowed from it.

It's also not just the strikes you see boxers throw in the brief moments that they tie-up. These are full-on strikes, usually elbows and knees, but sometimes punches as well and they score very well on the judges' scorecards.

Strikes and position in the Muay Thai clinch score so much that depending on the judge you have for a fight, the work in the clinch might be more important than the work on the outside.

This is because in the clinch if you get the position, you are able to inflict massive amounts of damage, sweep, trip and score a ton of points, like I just mentioned while controlling your opponent.

This means that you are able to move around your opponent and stop them from inflicting damage back at you

Clinch Positions

In the Muay Thai clinch, there are several different positions that a fighter can go for to dominate their opponent.

The most common position that is associated with the Muay Thai clinch is the plum. This is also known as the double collar tie, and even more simply as the Thai clinch (in MMA).

While this position is the most closely associated with the Muay Thai clinch, to the point of it being known by that name, it isn't the most commonly seen and when it is it doesn't last very long.

Other common positions include a 50/50 position when both fighters each have one collar tie on the other, the body lock when one fighter has their arms wrapped around the waist of the other and double under hooks, where one fighter has two under hooks on their opponent.

Of course, it usually isn't as clean-cut as that and with the clinch being so chaotic, there are a lot of positions, most of which unorthodox, that fighters end up in.

Is The Clinch just Hugging?

There's a large perception among western fans of combat sports -and even practitioners or competitors- that the clinch is just stalling for time.

This perception comes from how the clinch is used in boxing which, as I mentioned early, pretty much is that. It isn't helped by how a lot of the clinch work in MMA looks like two people just hugging it out.

The short answer is no, the clinch is not just hugging. There might be some fighters, especially newer amateurs, who use the Muay Thai clinch get a break when they're tired. Those who are properly trained mostly use it as another way to deal damage.

The knees and elbows from the Muay Thai clinch are nothing to scoff at. You could find plenty of videos of fighters getting finished from this position.

The Muay Thai clinch is also something that you see fighters actively fight against. This contrasts with boxing where either fighter tends to just let it happen.

In the Muay Thai clinch, fighters may do their best to completely avoid it and fight out of it. This goes to show that the position is not just a friendly hug.

How To Improve In The Muay Thai Clinch

Now that you know about the Muay Thai clinch, you might be thinking about improving your skills.

In the west, the clinch is trained far less than it is in Thailand. You should start by just training it more if you want to improve.

Keep in mind that doesn't just mean do 3 rounds of clinch sparring at the end of every training session. That's not the best way to i

improve, at least from a sports science perspective.

Do some clinch sparring once in a while but it shouldn't make up the bulk of the training. The bulk of your Muay Thai clinch training should be for drilling. That's where you actually learn new techniques and improve the ones you already know.

Muay Khao: Knee Fighters

For the most part, the clinch is a position that certain fighters want to end up in and actively seek out, in contrast to other sports like boxing where it is simply used to stop damage and take a break.

There is a class of fighters that seek out the Muay Thai clinch, that being the Muay Khao (Thai: มวยเข่า). The Muay Khao is a clinch and knee specialist, who is always looking to get into the Muay Thai clinch.

From the Muay Thai clinch, a Muay Khao can absolutely dominate their opponent. They accomplish this by throwing opponents around and kneeing them with reckless abandon.

The Muay Khao is also usually very physically strong and is considered very tough, even amongst other Muay Thai fighters. If you're looking for an example of a Muay Khao, check out Petchboonchu FA Group, the most decorated Muay Thai fighter in history.

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Strength Training

Aside from that, some strength training never hurt anyone, if done properly. Muay Khao's are known for their strength and conditioning. While technique should always come first, strength adds to a winning combination.

It is recommend to perform some heavy weight-lifting. Focus on pulling muscles like the back and it will go a long way in helping your clinch game. Having a strong neck is also a good way to protect against any pulling that your opponent might do on your head.

Autor: Kay

Photos Courtesy of Kyle Ching

HISTORY OF MUAY THAI

IS MUAY THAI A THAI HERITAGE OR IS IT AN ADOPTED ART?

The Thai-Laos as we know them today have been living in various parts of China for some 2000 years before the Christian era. Like the situation with other ethnic groups before them - the Khmer, Mons and Burmans, they gradually migrated southwards into the golden land Suvannaphoum between 1st and 5th centuries. Their destiny was in the fertile Mekong basin, occupied the Mon-Khmer communities around that time.

Progressively, the insitu states there disintegrated under the pressure of the Tai migration-Dvaravati, Lavo, Haripunchal and these were replaced by new, vigorous Thai settlements, which in the end led to the emergence of the kingdom of Sukhothai in A.D. 1238, founded by King Khun Si Intradet. Archaeological discoveries have confirmed the practice of wrestling (10th century) and kickbading (12th century) in the Angkor empire. The latter art has, as a matter of fact survived to this day in Cambodia, in the name Kun Khmer.

In Myanmar, the oldest relic on boxing goes back to the 11th century of the Mon period in Pegu. Similarly to its Khmer counterpart, Burmese boxing or Let Whayt continues to be practiced in Myanmar as an indigenous combat sport. There is no dispute that the Mon-Khmer cultures have greatly influenced the various aspects of the Thai way of life. This is the distinct feature in the development of the Siamese both as a race and a culture and Thai historians are not reluctant to admit frankly that their kingdom had once experienced a lengthy period of Khmerization for a hundred years after the destruction of Khmer power at Angkor in A.D. 1431.

Records showed that after Angkor fell to Siamese military forces, Khmer nobilities, top Brahmins, high officials, technicians, and court dancers in large numbers were taken hostage to Ayutthaya. A blending of cultures took place in consequence.

But what about Muay Thai? The Thai-Laos always have had their fighting heritage. Even before they began to leave Yunnan in around 200 A.D. the Dhai tribes in Yunnan were well trained in fighting as a matter of reality, to defend their territory. There have been great Thal-Lao (or Shan) warriors throughout Siam's early history, i.e. in the northern kingdoms. Most were excellent boxers, such as the Great Lord Khun Chuang of Phayao, because not only that they had great teachers from diverse sources, but more importantly, they were forced to fight for survival over many centuries of bloody warfare.

In Sibsong Panna (Yunan) today, research has shown, that the Dhal ethnic minorities have rediscovered no less than 130 sets of Martial Arts (Ohai boxing included) under differing systems or styles. Some of these systems now only exist in name, while others have continued to be practiced. A number of formats are indigenous in character and estimated to be over 1000 years old. The other tribes, Yi, Miao, Kha etc. all have some form of boxing and wrestling.

The Miao even have its own brand of foot fighting at their Flowery Hill festival.

At Angkor's fabulous galleries, dating even before the kickboxing images, are base-reliefs showing Syam warriors on the march at around A.D. 1107 and these of course were alse trained fighters. Could they box? It would be unrealistic to assume that they should be unskilled in free combat when deprived of weaponry In the end Muay That has emerged as the premier fighting art of the world and it's origin could only be Thai, be it ancient Muay Boron, Pahuyuth or Phalam (a.k.a. Linglom) all may be somewhat different from the sport Muay Thai that we see all over the world today, but they were individually only part of a an evolution process I bore the marks of transformation at salient times. I am pleased to conclude that the honour for producing this precious crystal of an and making it a trend worldwide, could only go to the Thai people.

Muay Thai is truly a fighting art born in the blood and soul of the Thai race!

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ETIQUETTE

ADDRESSING THE TRAINERS AND GYM OWNERS

Kru. Ajarn. You've probably heard these two terms at some point, even outside of Thailand. They both are titles for teachers, but there's a slight difference between the two terms.

Kru means "teacher", and this can be applied to any of the trainers. Ajarn is also for a teacher but is usually reserved for trainers who are more accomplished and older, and the trainers who are addressed with this title tend to receive a bit more respect than the ones simply addressed as kru. Ajarn are seen as role models and people who are notable members of a community. But older trainers will not take offense if you address them as kru.

The terms in modern days have much more fluidity. There are trainers who will be extremely casual with their fighters and accept being addressed as pi, which is a term that means older brother or sister (but used more universally and casually than kru and ajarn).

You'll find the following professions addressed as kru: teachers in kindergarten to high school, tutors, trainers.

The following positions may be addressed as ajarn: teachers in high school, professors in university, someone who does sak yant (Buddhist tapping tattoos), trainers.

Situations someone would be called pi: older siblings, older friends, older strangers such as a taxi driver or cook. Some people call their romantic partners pi followed by the partner's nickname.

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ETIQUETTE

WHAT SHOULD YOU CALL YOUR THAI TRAINER?

ARJAN

Formal

Establishes where you are in the teacher student relationship

Usually for older & more accomplished trainers

KRU

Formal (but a bit less than ajarn)

Establishes where you are in the teacher student relationship

Can be used for all trainers, even older ones (no offense will be taken)

PI

Most casual out of the 3

Establishes where you are in the age hierarchy, but not teacher student relationship

Can be less casual and playful

It's a good idea to default to KRU and change how you address the trainer if you deem it necessary.

MUAYTHAI SCORING CRITERIA

01 FIGHTER WHO LANDS MORE CLEAN STRIKES WINS THE ROUND.

02 FIGHTER WHO LANDS CLEAN STRIKES WITH MORE POWER WINS THE ROUND.

03 FIGHTER WHO CAUSES MORE DAMAGE TO AN ADVERSARY WINS THE ROUND

04 FIGHTER WHO HAS MORE AGGRESSION WINS THE ROUND.

05 FIGHTER WHO ENFORCES DOMINANCE IN EITHER OFFENSE, DEFENSE, OR IN USING MUAYTHAI TECHNIQUES WINS THE ROUND.

06 FIGHTER WHO VIOLATES THE RULES LESS WINS THE ROUND.

Judges will consider giving points to fighters based on these rules by order. A more dominant fighter will be decided in each round and will receive 10 points, and the less dominant, 9 points. A fighter who is knocked down will incline to 8 points, while the one who scores the knockdown gets 10 points.

In addition to deciding the winner of each match, it does not entirely depend on aforementioned rules. There are some more factors involve, such as the "surrounding" in the stadium [i.e. loud cheering which often encourages a fighter to put on an offense] An indication of pain or exhaustion can also dictate the outcome of a fight - when a fighter manages to land 5 clean kicks in a row then appears out of breath, or looks as if about to faint, he has more chances of losing than winning.

This rather unique scoring format often confuses foreign fans because Thai Judges do not always favor the more aggressive fighter. Instead, they observe how effective the offense is, how many strikes connected, and if a fighter shows a sign of yielding when being hit.

AJARN YONGSAK NA SONGKHLA

ACCVICHARNNOI PORNTAWEE

AccVicharnnoi Porntawee, one of the greatest to ever grace a Muay Thai ring has sadly passed away at the age of 74.

He was a former 2 time Rajadamnern Stadium champion & a former Lumpinee champion.

CHALANDAN BEST THAI BOXING ART OF THE YEAR AWARD

Chalandan Black Shark received Channel 7's Best Thai Boxing Art of the Year award..

He received a jacket, a commemorative plaque and a cash prize of 100,000 baht.

FIGHTER OF THE YEAR 2021

Ferrari Fairtex for being named the 2021 Sports Writers Association of Thailand Fighter of the Year.2022

YOUNG FIGHTER OF THE YEAR 2021

Petchsila Wor.Auracha is the 2021 Sports Writers Association of Thailand Young Fighter of the Year 2021.

SIAM OMNOI STADIUM BELT SUPER BANTAMWEIGHT

PetchSommai Sor.Sommai defeated Ittipon Sor.Saensuk/Singmawyn by Jury Decision to win the Siam Omnoi Stadium belt in the Super Bantamweight category

MUAY THAI SUPER CHAMP

The Scottish fighter Judy Humber defeated Ruslana Vyniavska by Jury Decision the event took place on 05/01/2022 at The Bazaar Theater in Bangkok, Thailand.

1ST HALF OF TONIGHT'S HUGE PETCHYINDEE SHOW

Sam-A Gaiyanghadao defeated Tongnoi Lukbanyai by Judges Decision in a featherweight fight at the True4U event the event was promoted by Petchyindee and was held at Rajadamnern Stadium on 05/12/2022

21st TIGER CEMENT TOURNAMENT

Chalamdam NayokAthasala defeated Wuttikorn Suannamtankiri by judges' decision. The event took place at Channel 7 Stadium on the 5th of June 2022 in Bangkok, Thailand.

Chalamdam NayokAthasala is the twenty-first tournament winner. As prizes at the event he won a Tiger Cement tournament belt, a Golden Tiger trophy, 600,000 baht and six tons of cement.

BANNED FROM MUAYTHAI

For the fight that took place on May 16, 2022 It was while observing that Dennapho S. Thanyalak pretended that he received an elbow from Kongnapha Srimongkol.

Then he fell pretending to be knocked out too. For this reason Dennapho S. Thanyalak was banned.

PK STAGE OF YOUTH

YodpetchEk UFAboomdeksian defeated Jakkrit YutSurat by unanimous decision. Billing the prize of 4 million Bahts.

The fight was for the 32.5kg division and was held on June 21, 2022 at Estadio Siam Omnoi Stadium.

K-1 WORLD GP 2022 JAPAN RING OF VENUS

Thai fighter Phayahong defeated Japanese fighter Miyu Sugawara by Split Jury Decision on June 24, 2022 at Yoyogi National Gymnasium in Shibuya, Tokyo, Japan.

The fight was worth the KJP belt of category 45, Kg. With this feat Phayahong joined Buakaw, Kaew and Konnapar. Being the fourth in her country, she won a title in the organization.

WORLD FIGHT TOURNAMENT:

Buakaw Banchamek defeated Dzmitry Varats by Judges Decision the event took place at Estadio Morodok Techo National Stadium in Phnom Penh Cambodia on July 6, 2022

SUEKJAOMUAYTHAI

Ognjen Topic defeated Yodduangjai SorJor.Montree by judges' decision. The event took place on July 2, 2022 at Siam Omnoi Stadium.

With that, Ognjen Topic won the Siam Omnoi belt in the Lightweigh category. Being the four foreigner conquers that title.

VICTOR IS WMC WORLD CHAMPION IN TUNISIA

The event called Eagle Fight NInght took place on August 6, 2022 at the Summer Theater Sidi Mansour Stadium in the municipality of Sfax in Tunisia, organized by the Eagle Sports Association of Sfax and the WMC of Tunisia.

In the final result of the fight Victor Hugo defeated Ken Thanaphat by Jury Decision.

5 BEST WAYS TO STRENGTHEN THE OUTER PART OF YOUR THIGH

→ Palm Or Punch Strikes

You must be able to simulate the realistic strike under a realistic angle. Your thighs must get used to eating shots.

→ Wet Towel Striking

Start punishing the lateral side of your thigh. At least 10-15 hits, if you think you can handle the pain, hit harder. Then transition to the weak area of the inner side of your thigh.

→ Mini-Baseball Bat Striking

It is very suitable for hitting your weak spots. Yet, if you have a policeman in the family, the nightstick might come in handy too.

→ Steel Pipe Striking

When you hit a metal object with your shin bone, it means your bone is strong like iron.

→ Strength Training

It's crtitical as strength training will increase the muscle density of your thighs, but the sciatic nerve remains unprotected.

NAK MUAY

CODE OF ETHICS

01 Respect all others who pratice and compete in the sacred art of Muay Thai.

02 Respect the national colors and traditions of all foreign nations who compete in the sport.

03 Respect and obey the Officials of the National Association under who's protection you stand.

04 Respect the rituals of Muay Thai and give homage to the teacher's past and present.

05 Never make your battle a personal one.

06 In international competition always respect your opponent for they fight for their nation too.

07 In national competition always respect your opponent for they fight for their camp too.

08 Always repect anothers religious beliefs.

09 Always respect your parents.

10 Always perform the Ram Muay and the Wai Kruu.

11 Never speak bad of another and never tell lies.

12 Never steal from another.

ATTACK THE BODY AND THE HEAD WILL DIE

I'd been back in the UK for a few months since returning from Thailand and was back to my winning ways.
The last stint of my Thailand life was very hard financially and I was having to take fights just make ends meet . Competing without the right preparation could have easily finished most peoples love for the sport, however I was determined to get back on track.
I'd already had one win under my belt after landing back on home soil and just a few months later was matched to fight against French star Albert Veera Chey.
The match was arranged six weeks prior to the fight date so I thought this would give me some time to find some info on him. Alas there wasn't much on the net and what I could find was all in French.
The show was being promoted by Keith 'Pele' Nathan. Pele came from the same stable and time as Ronnie Green which would have been Master Toddy's gym. He too has produced many champions over the years such as Ashely Guishard, Frankie Hudders, Mary Hart, Tricia Mckeary and Moris and David Reilly.
I arrived at Pele's gym in Manchester for the weigh in to see Rodrigo Alamos and Albert Chey standing near the scales waiting for me.
Rodrigo Alamos is Chey's trainer and uncle to Damien Alamos who in my opinion is one of the best none Thai fighters out there at the moment; he is the only western fighter other than Mourad Sari to claim the Lumpinee title.
Rodrigo had a navy blue, skin tight polo neck jumper on; not sure why but I thought how very French he looked. He also had a very stern face when I arrived and never cracked a smile once the whole time we were having our weight checked.
Chey came in bang on 55.5kg I came in at 55.7kg, I didn't think there would have been a problem but Rodrigo was having none of it and said I had to lose it.
Luckily Pele has a small sauna in his gym so 15 minutes later I was back and on weight.
I didn't stay in manchester that night I decided to go home and sleep in my own bed as it was only about an hour thirty minute drive home.
The following afternoon I met everyone outside the K-Star gym so we could all make our way to the venue together. In all there was me, the Copestake twins and another lad called Soma Kumar fighting plus the 50 odd supporters who coming with us.
Once we arrived at the venue I went and found my changing room, saw the doctor for my medical and had my hands wrapped. After getting massaged and warmed up I was just hanging around waiting for my turn to step into the ring.
All the other lads won their bouts so the pressure was on me to do the same. Chey entered the ring first and as my name was announced i heard a great cheer from all the UK support.
Chey was stood across the ring looking very relaxed, I know he was French but I was pretty sure that he was of Thai descent too.
His Ram Muay was very graceful, mine is very short and sweet so it gave me a bit of time to appreciate his.
The bell was about to ring for round one and all the nerves that I had felt had gone, I was in that numbness stage.
Chey's movement was just like his dance graceful and precise, he moved similar to the Thais that I had been competing against in Thailand.
I remember being very close to him when WHACK!! A front kick landed straight into my face; it struck my nose and my left eye.
All of a sudden I couldn't breath out of my nose and the vision in my left eye had become blurred. It felt like I was being continuously pocked in the eye. I kept rubbing my eye hoping to clear my vision with little success.
Chey was happily just picking me off while I was having to deal with these obstacles; I felt like I was battling with two opponents.

I went back to the corner after round one still being unable to see and breathe properly. Steve asked me what's wrong with my eye as he'd noticed I kept rubbing it during the fight.
The start of round two was pretty much the same but as Chey was a very intelligent fighter and me being hindered a bit I thought I would try and change how the fight was being fought.
Chey was having it all his way at that moment so I decided to take him into the trenches a bit and rough him up.
I started letting off some heavy bombs towards Chey's body in a hope they would start to slow him down.
I noticed that Chey's arms were getting lower as the round went on. I can only guess that my punches were starting to take effect.
Those that know me know I love body punches, this is mainly due to the effect that they have on people.
If you take a dig to the head it could make you a little dazed but after a while you can generally shake it off, also being hit the head in the ring doesn't hurt so all you have to think about is clearing your head. However, you get winded and it feels like you are dying, you're gasping for air, worried so much about getting hit again to the body that you can barely fight back. Even once you have recovered the slightest tap to body can bring it all back again. As the saying goes "attack the body and the head will die".
My vision seemed a little clearer going into the third and with Chey still slightly ahead on the score cards I needed to turn it round.
Again I concentrated on Chey's body digging away as the round went on. About mid way through the round I thought the time was right to go high as he was so concerned about his body. I threw a jab followed by a huge left hook as Chey threw a left kick, but it fell short as his kick sunk into my ribs.
I thought to myself 'I'm going to get him', I told myself this time it will land. I looked low as if I was going to attack his rib cage again and BAM! my trusted left hook found its mark as I went high instead. Chey's legs buckled really badly I thought 'quick finish him'! almost instantly a second hook was thrown but this time I sent Chey to the canvas.
Tony Myers started the count when Chey tried to stand up only to collapse again in the neutral corner. He managed to get up before the count of eight and Tony asked him to take a step forward just to check he was ok; on unsteady legs he wobbled forward.
Tony waved it off as Chey was clearly unable to continue safely.
I was so pleased I ran up and jumped onto the ropes in the corner and screamed over to my supporters followed by giving Steve and my corner team a hug.
I'd never been picked off by anyone the way Chey had with me, even to this day so to come through that with my eye sight and breathing hindered really made that victory even more special for me.
Rodrigo was not happy at all with this outcome but you can't blame him really. I spoke a little Thai to Chey as that is the nationality I thought he was and he responded fine so was able to have a little conversation with him. However, I later found out that he was of Cambodian descent....oh well.
I found out afterwards that I had actually scratched the lens of my left eye pretty bad. I could not see out of it for two days after and literally just lay on my sofa with both my eyes closed. Luckily for me your eyes are one of the quickest parts of your body to heal and I had the tv to listen to until then.
Injuries can be a real hindrance while competing and training but some of the prices you have to pay for fighting are more than worth it when you win.
You'll have to excuse the poor quality of the video below as this is the only footage I have of it....enjoy.

DAMIEN TRAINOR

Born in 1980, Damien Trainor belonged to the early batches of hardcore UK Muay Thai fighters who arrived in Thailand in the 1990s to train and fight in the motherland. UK Muay Thai coach and former two-time world champion.

ANALYSIS OF FOULT AND DEDUCTION OF POINTS IN MUAY THAI

Muay Thai is a combat sport that has very strict rules and regulations. When a fighter performs a foul, he'll be verbally warned or the referee might even deduct a point if the foul is very serious. Different actions lead to various kinds of sanctions. I will guide you through the sistem of Muay Thai Professional fouls. Some accidental mistakes are tolerated but sometimes, the referee might stop the bout if the opponent is unable to continue and you might even lose because of an illegal move.

Two fouls of warning and one of expression

When you make the foul, the referee will issue a warning, but it depends on the severity of the offense. In general, three Muay Thai fouls should lead to a disqualification, hence the referee might verbally warn you for the first or second time if he believes you broke the rule accidentally You'll rarely see direct disqualification in Muaythai, even when you made a very huge foul. I'm analyzing muaythai fight for a long time, and I've never seen an immediate disqualification without prior warning. But you never know.
Now let's studying the world of Muay Thai fouls. My piece of advice is – don't break the rules and you'll be fine.

Illegal Actions

Some rules were accidentally broken. But some fighters are willing to risk two foults to gain an advantage over their opponents, especially when they are at a disadvantage on the scorecard. I explain all Muay Thai fouls step by step. Yes, you can lose points for performing these moves in the ring.

Groin

This is not a competition, knee strikes to the groin will not be tolerated. The referee then gives the opponent some time to recover. Yet, the recovery period mustn't be longer than 5 minutes. If the fighter who ate a groin shot refuses to continue, he'll lose or the bout will be declared "no contest".
Kicks and punches to the groin are a gray zone, the referee might intervene but it's not mandatory. I've seen referees warning fighters when the foul is very obvious.

Biting

Don't try to bite your opponent, if you're not disqualified, you're in luck.

Fingers in the eyes

Nowadays, fighters fight in western-style boxing gloves, so it's one of the rarest Muay Thai fouls, but you mustn't do this in a Muay Kard Chuek fight style with hemp ropes wrapped around the fists.

Spiting

It's a serious foul and the referee could disqualify you immediately, don't even think about it.

Disobeying The Referee's Command

Disobey the referee's order, hitting the referee's signal or bell, not letting the opponent go or punching, arguing with the referee you can get a warning every time you decide to ignore the referee's order, but he can verbally warn you in some cases

Teasing or insulting others

In Muay Thai everything has to do with respect. You are not allowed to stick a tongue out during the fight. Showing a middle finger, insulting the opponent or his corner, arguing with the crowd. Just don't do it, the ancient Siamese fight doesn't tolerate disrespect.

Holding The Opponent's Arms

You are taking part in a Muay Thai competition for a reason. Judo and Westling style locks and techniques are not allowed. Don't try to trap the rival's arms, no waist locks.

Catching The Opponent's Leg Plus Making More Than Two Steps Without Using Any Technique

When you grab the leg, you must take some action within two steps – punch, sweep, knee, elbow or kick. If you just push the opponent whose leg is grabbed, the referee orders you to stop and gives you a caution. Two cautions lead to a disqualification.

Kicking The Downed Opponent

When the opponent is on the ring floor, you are not allowed to attack. When the foe's knee touches the floor, it's a knockdown, and the referee starts to count.

A nakmuay pretends to fall to the ground after his kick has been caught

This is considered cheating or taking advantage of the opponent. The referee might caution you twice, then he issues a penalty.

Both Boxers Fall Out Of The Ring And Either fighter Tries To Delay Getting Back Into It

It is not allowed to delay your return to the ring unless you are seriously injured.

Illegal Throws

In general, all kinds of Judo and wrestling throws are prohibited. I will describe each of Muay Thai fouls under this category:

- Wrapping your leg around the leg of an opponent from the inside or the outside and forcing them to the floor;
- Locking an opponent's neck and attempting to execute a hip or a hip to shoulder throw;
- Grabbing the opponent's hip and going for a hip throw;
- Holding the rival's arm, turning and using the calf muscle and rear part of the thigh to sweep your foe's legs from under them;
- Holding the opponent and falling backward to throw him (pulling guard);
- All kinds of MMA double or single-leg takedowns plus Imanari rolls;
- Grabbing an opponent's waist from behind (back control), placing a leg between the rival's legs, pulling the opponent backward over the leg and hip;
- Catching under the level of the waist, lifting, throwing, and slamming;
- Catching an opponent's leg and tripping/sweeping him off the feet via the use of calf muscle;
- Tripping the opponent with the ankle;
- Leg sweep via use the inside of the foot or the calf;
- Back control from behind and lifting to throw, all kinds of slams;
- Spiking – throwing the opponent straight to the head;
- "Back-breaking" moves – grabbing around the foe's lower spine and hyper-extending their back.

Sancionado o uso de substâncias proibidas

Você pode ser sancionado após a competição por isso, sua vitória pode ser anulada para nenhuma competição e você receberá uma suspensão.

Conclusion

Due to lack of knowledge, some people may at one time or another break a rule from time to time, intentionally or not. Due to lack of knowledge, some people may at one time or another break a rule from time to time, intentionally or not. I hope that with this article some doubts about the rules of Muaythai Professional may have been clarified.

AUTHOR

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He has a great technical, practical and theoretical knowledge of Muaythai. Being considered one of the authorities on the subject.

TECHNIQUE ELBOW

DAMIEN ALAMOS

Damien Alamos Muay Thai technique: elbow

01 **Start facing your opponent in orthodox stance.**

02 **A lot of fighters will throw the jab straight back. Typically they step the lead leg when they do this, which in turn gives away their intent**

03 **Keeping their hand pinned to your chest, you should then seek to control their head with your lead hand.**

04 **Immediately retract your lead hand back to your guard and throw a hard right elbow to their face.**

SOURCE: Warrior Collective: The Evolution of Martial Arts in Combat Sports

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